

FAQs

HOW DO I GET ON THE BUS PICK UP LIST?

Bus pick up to and from the Sr Rec Center is available M-W-F for Wylie Residents.

Just see the front desk staff at the Sr Rec Center to get your name on the pick up list. If the bus is already full your name will be added to a waitlist.

WHAT IS A STORE TRIP?

Every other Tuesday the bus will pick up riders and take them around town to run errands. Typical stops include Walmart and Dollar Tree. Special requests to other local shopping is subject to approval.

WHAT IF I HAVE TO CANCEL A TRIP?

Cancellation must be made 24 hours prior to the scheduled start time. Notify a Sr Rec Center staff person. Refer to p. 45 of the Activity Menu for more information on Sr Rec Center Refunds.

Sr Rec Center ID

Sr Rec Center IDs are available at no charge for ages 55 + at the Senior Recreation Center. Gain access to Open Play activities and Fitness Area. Review Rec Pass Terms of Use, Facility Rules and Guidelines prior to sign up.

HOURS & LOCATION

800 Thomas Street - 100
972-442-8119

MONDAY - FRIDAY

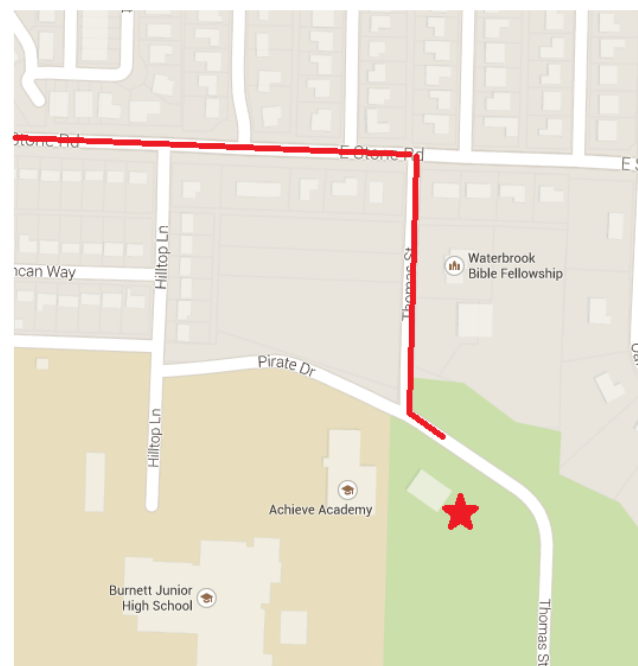
8 am - 4 pm

SATURDAY

9 am - 3 pm

SUNDAY

1 - 5 pm



Sr Rec Center

800 THOMAS - 100 | 972-442-8119 | Recreation@WylieTexas.gov

SPECIAL

EVENTS

Coffee Talk

Talk over your recreation ideas, wants, and needs with peers. Lending your voice created programs like YANA - (You are Not Alone), Gold Card events, and new trips. Gain inside information on upcoming events and influence programming. Share ideas, brainstorm, and ask questions. You provide the input, and we provide the snacks.

Senior Recreation Center

Ages: 55 Yrs +

5527 W 9/2 12:30 - 1:30 PM FREE

Celebration Luncheon

Happy birthday to you, and you, and you! Give and get celebratory wishes during this long-standing Wylie tradition. Fill your belly with a hot, hearty, and free meal with friends, and take home the latest program information. Eat, talk, laugh, and stick around for an afternoon of games and door prizes. Register by Monday prior to event.

Senior Recreation Center

Ages: 55 Yrs +

Café Max

5523 F 9/18 11:30 AM - 1 PM FREE

MOW Congregate Lunch

Meals on Wheels Collin County provides a nutritious lunch for seniors who are able to attend the Sr Center. Call or sign up with staff before noon the day before to make a reservation for a hot meal with 1/3 of your recommended vitamins and minerals! See staff for registration forms and monthly menu.

Senior Recreation Center

Ages: 60 Yrs +

Instructor: Meals on Wheels

M T W Th F 9/1 - 9/30 11 AM - 12 PM FREE

Pancake Breakfast

Flapjacks, sausage, and syrup! Fill your plate with hot, fresh, and delicious pancakes and more provided in part by Garnet Hill Rehabilitation and Skilled Care. Stick around for daily games and activities. Register by Monday prior to event.

Senior Recreation Center

Ages: 55 Yrs +

5545 F 9/25 9:30 - 10:30 AM FREE

The Reelers

Calling all movie buffs! Meet with fellow movie lovers to enjoy cult classics, modern day masterpieces, and black and white favorites at the center. Grab a bag of complimentary popcorn while you watch, and break for a slice of pizza at lunch.

Senior Recreation Center

Ages: 55 Yrs +

Singing in the Rain / Sweet Home Alabama

5683 Tu 9/15 10 AM - 3 PM FREE

Samson and Delilah / Cleopatra

5684 Tu 9/29 10 AM - 3 PM FREE

SEPTEMBER 2015

SEPTEMBER 2015

TRIPS LET'S GO!

Senior Chow Critics

Everyone's a critic! Hunt for the best burger, perfect pepperoni pizza, and excellent egg fooyung around while exploring local metro eateries both new and well established. This great social outing for fellow foodies and friends leaves you stuffed and satisfied! Bring money for lunch.

Ages: 55 Yrs +

Sticky Rice

5548	Th	9/3	11 AM - 2 PM	FREE
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Collin County Farm Museum

The Collin County Farm Museum houses a collection of artifacts and restoration exhibits including the Blacksmith shop, granary, and confinement house. Attend a butter making class and enjoy fresh biscuits and butter. Bring money for lunch at Cadillac Pizza.

Ages: 55 Yrs +

5633	Th	9/24	9:15 AM - 2:15 PM	\$9
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QUESTIONS ABOUT TRIPS?

CONTACT WYLIE SENIOR RECREATION CENTER STAFF,
RECREATION@WYLIENTEXAS.GOV
OR 972-442-8119
REGISTER PER PERSON, BRING AT LEAST \$12 FOR LUNCH.

The Mozzarella Company

Travel to The Mozzarella Company, a tiny cheese factory located in Downtown Dallas. Take a look inside the factory, learn the history of the business, and enjoy samples of fresh-made mozzarella, ricotta, and other handcrafted varieties. Bring money for lunch at Twisted Root Burger.

Ages: 55 Yrs +

5597	Th	9/10	10:30 AM - 3:30 PM	\$5
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Spectacular Senior Follies

Singing, dancing, and glorious costumes! Enjoy a variety of acts featuring classics from the 1940s, '50s, and '60s. Be dazzled by singers, dancers, and showgirls in stunning costumes set to professionally designed backdrops and choreography. Bring money for lunch at The Egg and I.

Ages: 55 Yrs +

5586	Th	9/17	11 AM - 4:30 PM	\$19
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Sr Rec Fitness Area

Stay healthy and fit in a safe, clean and accessible environment! Wylie Sr Rec offers your choice of tread mills (2), recumbent bikes (2), elliptical machine, and various hand weights to keep your exercise routine exciting. Watch your local news or favorite shows on the fitness TV while you work out. Pick up literature featuring nutritional guidelines and healthy living tips. If an indoor workout is not for you take a stroll at Wylie's Community Park located outside the Sr Rec Center. Fitness area is available during business hours.

OPEN PLAY

Wii Bowling

This simulated bowling game is fun and easy to learn. Join the virtual league and sit or stand to bowl while practicing hand-eye coordination and balance.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: STAFF PARD

MWF	12 - 3 PM	FREE
Sa	9 AM - 3 PM	FREE
Su	1 - 5 PM	FREE

...THE ARTS (Continued)

Third Monday Book Bunch

Social networking and a good book. No batteries required! Immerse yourself into a good story with friends. Discuss thrilling tales, mysterious manuscripts, and awe-inspiring adventures. Paperback books selected a month in advance by the group and based on group discussion and interest.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: STAFF PARD

5571	M	9/21	12 - 1 PM	FREE
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Simple Spanish

Study basic Spanish with friends! Learn correct pronunciation and meaning of everyday words used in the Spanish language. Instruction includes simple conversational Spanish with the group in an interactive classroom setting.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Ruiz, Erica

5566	Sa	9/5 -9/26	9:30—11 AM	FREE
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Triple Threat

Blackjack, Poker, and Texas Hold `Em at the Center. Try your luck with the house dealer. Friendly wagers, antes and double downs are played for bragging rights at the Sr Rec Center.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kruse, Matthew

M	9/14 - 9/28	10 AM - 12 PM	FREE
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HEALTH & FITNESS

Group Exercise

Fit and fun low-impact exercise adapted to fit the needs of those with disabilities, poor balance, or have trouble standing on the floor to exercise. Instructor uses a variety of techniques such as resistance bands, arm weights, and chair exercise to keep you on your toes and feeling great!

Senior Recreation Center

Ages: 55 Yrs +

Instructor: McGaughey, Joyce

5540 M W F 9/2 - 9/30 9:45 - 10:30 AM FREE

Senior Round Up Line Dance

Learn to boot-scootin-boogie with friends. Line dancing improves balance, memory, and cardio stamina. Learn the basic steps of traditional line dances and country couple dance. All levels welcome.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Sherry

5827 Sa 9/5 10:30 - 11:30 AM FREE
5561 Sa 9/19 10:30 - 11:30 AM FREE

Walk & Talk

Walk your way to better health! Commit to group and personal goals and jump-start healthy habits. Enjoy the company, fresh air, and park setting. Let us help chart your walking progress.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

5640 M W F 9/2 - 9/30 8 - 8:30 AM FREE

Chair Yoga

Namasté! Get Fit Where You Sit, DVD video series focuses on physical and mental fitness with the aid of a chair. Step-by-step instruction combines low impact cardio, resistance training, and stretching with mind-body techniques that promote active mindfulness and meditation.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Risteen, Cindy

5746 W 9/2 - 9/30 1:30 - 2:15 PM FREE

Zumba Gold

Join the party and be a part of the Zumba craze! This aerobic fitness program with a Latin flare fits your needs. Learn the basic steps of samba, salsa, merengue, and mambo set to upbeat Latin rhythms. Move to the beat at a comfortable speed, or modify the intensity of your workout with the use of a chair.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Sherry

5580 Sa 9/5 - 9/26 9:30 - 10:15 AM FREE

Senior Wellness Series

Stay informed about health and safety topics that affect you or a loved one. Presentations include informative sessions, resources for further study, and question and answer opportunities.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Cortez, Amy

Alzheimer's Disease

5756 W 9/9 10 - 11 AM FREE

THE ARTS

Woodcarving

Transform a plain block of wood into art. Unleash your imagination and creative potential as you unwind, relax, and make friends. Learn proper use of tools, easy to follow techniques, and important safety guidelines. You provide the creativity and we provide the supplies.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Kruse, Matthew

5575 W 9/2 - 9/9 1 - 3 PM FREE

Stitch-n-Smile

Happiness is just a needle and thread away! Develop your cross-stitch, knitting, and crochet skills while improving dexterity, memory, and concentration. Work on projects with friends, share tips, trade patterns, and relax! Bring your projects and supplies, limited supplies provided.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

5741 Tu 9/1 - 9/29 1 - 3 PM FREE

Senior Craft Corner

Get crafty! Create one-of-a-kind treasures to keep or share with your friends. Quick and easy projects include something for everyone. Learn a new skill or show off an old one in a friendly environment with fellow crafters.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Hollien, Jennifer

Paper Ribbon Wreath

5553 W 9/16 12:30 - 1:30 PM FREE

Decoupage

Master the art of decoupage. Transform any ordinary object into a custom design with simple steps and instant results. By combining paper, paint, and pictures tailor almost any object to reflect your personality, or match your home décor.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

5532 Th 9/3 - 9/17 1 - 3 PM FREE

Ikebana

Practice the ancient Japanese art of flower arranging. Study the origin, and concepts to emphasize shape, line, form, and harmony. Assemble simple blooms, and foliage to create a unique display to take home, or share with friends.

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Pannell, Julie

5717 Tu 9/8 10 - 11:30 AM FREE
5814 Tu 9/29 10 - 11:30 AM FREE

Creative Confections

Treat yourself to the sweetest projects! Join in for a yummy and simple spin on cakes, candies, and cookies, and discover a world of confectionary delight. Use items found in most home kitchens to transform ordinary sweets and treats into edible treasures. Baking supplies and ingredients provided!

Senior Recreation Center

Ages: 55 Yrs +

Instructor: Cortez, Amy

Mini Apple Pies

5805 M 9/14 12:30 - 2 PM FREE

Pretzel Dipping

5810 M 9/28 12:30—2 PM FREE

Continued on PG 7...



SEPTEMBER 2015

800 THOMAS - 100
972-442-8119
RECREATION@WYLIETEXAS.GOV

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9 AM - 2 PM Open Crafts 1 - 3 PM Stitch-n-Smile	2 8:00 AM Games 9:45 AM EXERCISE 12:30 AM Coffee Talk 12:30 PM Library Trip 1 PM Woodcarving 1:30 PM Chair Yoga	3 8:00 AM Games 1 - 3 PM Decoupage 11:00 AM Senior Chow Critics	4 8:00 AM Games 9:45 AM EXERCISE 10:30 AM CRUISE MEETING 12:30 PM BINGO	5 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30—11 AM Simple Spanish 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong
6 1 - 5 PM Wii Bowling	7 CLOSED In Observance of Labor Day	8 8:30 - 11:30 AM Bunco 9:00 AM Store Trip 9 AM - 2 PM Open Crafts 10 - 11:30 AM Ikebana 1 - 3 PM Stitch-n-Smile	9 8:00 AM Games 9:45 AM EXERCISE 10:00 AM Senior Wellness Series 1 PM Woodcarving 1:30 PM Chair Yoga	10 8:00 AM Games 10:30 AM Mozzarella Company	11 8:00 AM Games 9:45 AM EXERCISE 11:30 PM Joint Pain Presentation 12:30 PM BINGO	12 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30—11 AM Simple Spanish 10 AM - 12 PM Ping Pong
13 1 - 5 PM Wii Bowling	14 8:00 AM Games 10 AM - 12 PM Triple Threat 12:30 PM Creative Confections	15 9 AM - 2 PM Open Crafts 10:00 AM The Reelers 1 - 3 PM Stitch-n-Smile	16 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Library Trip 12:30 Senior Craft Corner 1:30 PM Chair Yoga	17 8:00 AM Games 1 - 3 PM Decoupage 11:00 AM Spectacular Senior Follies	18 8:00 AM Games 11:30 AM Celebration Luncheon 12:30 PM BINGO	19 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30—11 AM Simple Spanish 10:30 - 11:30 AM Line Dance 10 AM - 12 PM Ping Pong
20 1 - 5 PM Wii Bowling	21 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12 PM Third Monday Book Bunch	22 8:30 - 11:30 AM Bunco 9:00 AM Store Trip 9 AM - 2 PM Open Crafts 1 - 3 PM Stitch-n-Smile	23 8:00 AM Games 9:45 AM EXERCISE 1:30 PM Chair Yoga	24 8:00 AM Games 9:15 AM Collin County Farm Museum	25 8:00 AM Games 9:30 AM Pancake Breakfast 9:45 AM EXERCISE 12:30 PM BINGO	26 9 AM - 3 PM Wii Bowling 9:30 - 10:15 AM Zumba Gold 9:30—11 AM Simple Spanish 10 AM - 12 PM Ping Pong
27 1 - 5 PM Wii Bowling	28 8:00 AM Games 9:45 AM EXERCISE 10 AM - 12 PM Triple Threat 12:30 PM Creative Confections	29 9 AM - 2 PM Open Crafts 10:00 AM The Reelers 10 - 11:30 AM Ikebana 1 - 3 PM Stitch-n-Smile	30 8:00 AM Games 9:45 AM EXERCISE 12:30 PM Library Trip 1:30 PM Chair Yoga	HOURS OF OPERATION Monday - Friday 8 AM - 4 PM Saturday 9 AM - 3 PM Sunday 1 PM - 5 PM		

Activities and schedule subject to change. Minimum registration and fees must be met or activities will cancel. Some fees are non-refundable if registration is withdrawn. A City of Wylie registration form must be on file prior to participation.